

# SPORTS & RECREATION

MAY 6, 2010



Capt. Kurt Van Slooten

Members of 188th Infantry Brigade start their Comprehensive Soldier Fitness Day by completing a two-mile run, followed by some time at the pull-up bar.

## 188th Infantry Brigade holds Soldier Fitness Day

**Capt. Kurt Van Slooten**  
188th Infantry Brigade Public Affairs

The 188th Infantry Brigade held a mandatory Comprehensive Soldier Fitness Day to promote the long-term health and resilience of Soldiers in the brigade, April 27.

The day began at 6:30 a.m. with a spiritual fitness run, followed by classroom training on the topics of

stress and anger management, provided at Moon Theater for all brigade personnel.

The Army CSF program is "a structured, long-term assessment and development program to build the resilience and enhance the performance of every Soldier, Family Member and Army Civilian," according to Gen. George W. Casey, Jr., Chief of Staff of the Army.

Sherry Page, a Family advocacy specialist from Army Community Services, addressed the brigade on the topic of stress management. She described the types of stress – acute, episodic, and chronic – along with some of the causes of stress. Page said learning to cope is assisted by participating in a regular exercise program, having a healthy diet and by making time to spend with Family and friends. Classes

were also offered from ACS on stress and anger management for the Soldiers and Family Members.

"Anger is created through your perception of a situation," said Patricia Ayala, also a Family advocacy specialist from ACS, when discussing anger management. Ayala went on to talk about the causes of anger and strategies for coping with the causes of anger to help keep anger at bay.

See FITNESS

Page 11B

## GC Golf Scramble enjoys great weather at Taylors Creek

**Randy Murray**  
Fort Stewart Public Affairs

An exceptionally warm April day made this month's Garrison Commander's Golf Scramble at Taylors Creek Golf Club a great day to get outside and swat some golf balls, April 30. This month's competition was broken down into two-man teams, 17 teams in all.

Competition began with a shotgun start at 1 p.m. According to Jaime Deniziak, golf management trainee, these were the results of this month's GC Golf Scramble:

**1st Place - 63**  
Jaime Deniziak  
Tony Klosek

**2nd Place - 63**  
Scott Armbrister  
Sgt. 1st Class Alvin Thompson

**3rd Place - 63**  
Russell Johnson  
Betsy Ott

**4th Place - 65**  
Ken Armbrister  
Master Sgt. Steven Williams

**Closest to the Pin - #11**  
Ken Armbrister

Next scheduled golf event, the Hunter Garrison Commander's Golf Scramble, is scheduled for 1p.m., May 14 at the Hunter Gold Club. This is a four-person golf scramble. The next Fort Stewart Garrison Commander's takes place at 1 p.m., May 21 at Taylors Creek Golf Course. This event will also be a four-person golf scramble.

For more information, call 912-767-2370 or 912-315-9115.

## Soldier aiming for gold at Warrior Games

**C. Todd Lopez**  
Army News Service

WASHINGTON – He'll have a tough time swimming – and shooting – and he's got stiff competition from his training buddy, but Sgt. Robert W. Laux wants to take home some metal and recognition from the Warrior Games in Colorado.

"To have a gold medal around my neck – to have some of the Paralympics (people) recognize me," said Sgt. Laux, outlining his hopes for the competition. "I don't know if I'm going to qualify for them or not but just to have some people kind of recognize me and my abilities, and that I'm actually somewhat good. Like an athlete. Like a real Olympian."

Sergeant Laux, assigned now to the Warrior Transition Unit at Walter Reed Army Medical Center in Washington, D.C., is participating in the first-ever "Warrior Games," May 10-14, in Colorado Springs,

Colo. He'll compete in the "Ultimate Warrior" competition.

The games are a joint effort between the Department of Defense and U.S. Olympic Committee to inspire recovery, capitalize on physical fitness, and promote opportunities for growth and achievement among wounded, ill, or injured servicemembers. Sergeant Laux will be one of an estimated 200 servicemembers to participate in the games, about half of which are Soldiers.

Sergeant Laux, a 28-year-old infantryman, was struck by an improvised explosive device Nov. 18, 2007 while on patrol in Yusufiyah, Iraq. He served then with the 3rd Battalion, 187th Infantry Regiment, 101st Airborne Division.

"A really small IED went behind me – I was dismounted – so I had nothing protecting me but myself, and it basically just got my left arm," Sgt. Laux said.

See GAMES

Page 12B

## 260th Officers run history tour through downtown Savannah



Sgt. Patience Okhuofu

In an effort to better understand the Community in which they live, the commander and officers of 260th Quartermaster Battalion had an "educational" two-mile run through the City of Savannah, April 23. They stopped at Calhoun, Reynolds, Lafayette, Johnson, Oglethorpe, Wright, Madison, Chippewa and Monterey Squares, as well as Squythe Park and Savannah City Hall. At each stop they got a brief history lesson.



# 2010 Marne Conference Men's Softball schedule



## 2010 Teams

- |                     |                   |
|---------------------|-------------------|
| 1. EOD 756th/766th  | 7. DES            |
| 2. A CO STB         | 8. 188th INF      |
| 3. 135th QM CO      | 9. USA MEDDAC     |
| 4. HHD 385th MP Co  | 10. 549th MP Co   |
| 5. 233rd - BULLDOGS | 11. A 703D BSB    |
| 6. 24th ORD CO.     | 12. B Trp 6/8 CAV |



## Games

Date	Time	Field Teams			
Tues., May 11:	6 p.m.	- F-2, 1 VS 5		8 p.m.	- F-2, 1 VS 9
	7 p.m.	- F-2, 6 VS 4		8 p.m.	- F-4, 12 VS 6
	8 p.m.	- F-2, 7 VS 3			
Thurs., May 13:	6 p.m.	- F-2, 2 VS 7	Thurs., May 27:	6 p.m.	- F-2, 1 VS 8
	7 p.m.	- F-2, 3 VS 6		6 p.m.	- F-4, 12 VS 4
	8 p.m.	- F-2, 4 VS 5		7 p.m.	- F-2, 9 VS 7
Tues., May 18:	6 p.m.	- F-2, 6 VS 7		7 p.m.	- F-4, 2 VS 3
	6 p.m.	- F-4, 3 VS 10		8 p.m.	- F-2, 10 VS 6
	7 p.m.	- F-2, 5 VS 8	Tues., June 1:	6 p.m.	- F-4, 11 VS 5
	7 p.m.	- F-4, 2 VS 11		6 p.m.	- F-2, 9 VS 5
	8 p.m.	- F-2, 4 VS 9		6 p.m.	- F-4, 8 VS 6
Thurs., May 20:	8 p.m.	- F-4, 1 VS 12		7 p.m.	- F-2, 1 VS 7
	6 p.m.	- F-2, 3 VS 8	Thurs., June 3:	7 p.m.	- F-4, 10 VS 4
	6 p.m.	- F-4, 5 VS 6		8 p.m.	- F-2, 11 VS 3
	7 p.m.	- F-2, 1 VS 11		8 p.m.	- F-4, 12 VS 2
	7 p.m.	- F-4, 4 VS 7		6 p.m.	- F-2, 7 VS 5
Tues., May 25:	8 p.m.	- F-2, 12 VS 10		6 p.m.	- F-4, 1 VS 6
	8 p.m.	- F-4, 2 VS 9	Tues., June 8:	7 p.m.	- F-2, 8 VS 4
	6 p.m.	- F-2, 2 VS 5		7 p.m.	- F-4, 10 VS 2
	6 p.m.	- F-4, 11 VS 7		8 p.m.	- F-2, 9 VS 3
	7 p.m.	- F-2, 3 VS 4		8 p.m.	- F-4, 11 VS 12
	7 p.m.	- F-4, 10 VS 8		6 p.m.	- F-2, 6 VS 2
				6 p.m.	- F-4, 7 VS 12
				7 p.m.	- F-2, 5 VS 3
				7 p.m.	- F-4, 8 VS 11
				8 p.m.	- F-2, 1 VS 4
				8 p.m.	- F-4, 9 VS 10
				6 p.m.	- F-2, 1 VS 3
				6 p.m.	- F-4, 6 VS 11
				7 p.m.	- F-2, 4 VS 2
				7 p.m.	- F-4, 7 VS 10
				8 p.m.	- F-2, 5 VS 12
				8 p.m.	- F-4, 8 VS 9
				6 p.m.	- F-2, 3 VS 12
				6 p.m.	- F-4, 5 VS 10
				7 p.m.	- F-2, 1 VS 2
				7 p.m.	- F-4, 6 VS 9
				8 p.m.	- F-2, 4 VS 11
				8 p.m.	- F-4, 7 VS 8
				6 p.m.	- F-2, 1 VS 10
				7 p.m.	- F-2, 11 VS 9
				8 p.m.	- F-2, 12 VS 8
				6 p.m.	- F-2, 8 VS 2
				7 p.m.	- F-2, 9 VS 12
				8 p.m.	- F-2, 10 VS 11

For more information, contact Randy Walker or Amber Clark, 912-767-8238.

## FITNESS

from Page 10B

"You have to learn to pay attention, to keep yourself from becoming angry, especially if you know you already have a problem with anger," she said.

The components that the CSF program supports are the five dimensions of strength: physical, emotional, social, Family and spiritual. Combining these aspects develops the "whole person," and represents the Army's investment in the readiness of the force and the quality of life for the Soldiers, their Families and Army Civilians.

The Army is currently in phase two of the program, and is implementing CSF throughout the entire force. Phase three comprises program sustainment. CSF training will be provided to the battalions located at Fort Gillem on video to be presented during their next battle assembly weekend.

Colonel Robert A. Warburg, 188th Infantry Brigade commander, added that safeguarding the health of our troops is a mission critical task, and

to do that, Soldiers need to continue to take care of their fellow Soldiers and themselves.

The 188th Infantry Brigade, along with the other training support brigades in First Army Division East, provides and facilitates theater-focused training for deploying National Guard and Reserve formations. Based out of Fort Stewart, the 188th has been training deploying National Guard and Reserve units for Iraq deployments continuously since 2003.

GAMES

from Page 10B



Kristen Ellis

***Sergeant Robert W. Laux practices shotput at Walter Reed Army Medical Center, Washington, D.C., in preparation for the first-ever "Warrior Games," May 10-14, in Colorado Springs, Colo. He'll compete in the "Ultimate Warrior" competition.***

Sergeant Laux's left arm and hand – once his dominate arm – is still attached to his body. He said he hadn't expected to keep it after the IED blast.

"At first I thought the arm was gone – the arm was – no more left arm. Done. I had no thought I'd have it at all," he said. But doctors found the faintest pulse in there, Sgt. Laux said. And that was enough for them to push through and save it for him. It's taken some 62 surgeries to get him where he is today.

"They did one hell of a job to save this arm," he said.

His left arm sustained nerve and tendon damage from the blast. It still moves and still does a few things for him, but it isn't his dominate hand anymore. He's got to depend a lot on the other arm now.

He can't bend where his wrist used to be, his elbow doesn't flex as far as it used to flex anymore, his arm doesn't rotate except at the shoulder, and his fingers don't grip or close nearly as good as his right – they remain open, like a claw.

"This is open. This is closed," he says, demonstrating the current use of his once dominate hand. The two positions look remarkably similar. "I really can't do much with this hand. Yes, I can grab like a cup. I can pretty much pick up anything, but if you ask me to do anything with it, that becomes really difficult, since I don't have a lot of movement with the fingers at all."

He Soldiered on through the injury though, and focuses now on intense training for the Ultimate Warrior competition at the games, which involves running, sprinting, swimming, shot-put and air rifle.

"I'm training every day – every single day. I love to train, I love to get better and better every day," he said. "We're training a lot harder now and getting my times down a lot better, and training in a lot of more and different sports that I thought I never could do. Swimming is my hardest thing."

Sergeant Laux said the swimming is tough for him, because his left arm has difficulty delivering power to move him forward in the pool.

"I really can't cup the water and use a lot of power," he said.

But Sgt. Laux says what motivates him most is his training partner, Sgt. Rob Brown, also a wounded Soldier, and also competitor for Sgt. Laux in the Ultimate Warrior competition.

"My competition is pretty hard," Sgt. Laux said of Sgt. Brown. "He's a freaking machine. He's my biggest competition that I know of, even though we are both in the Army. He basically kills me in everything we do. We're basically like together all the time – he's doing swimming like me, he's doing the track events like me. We're pushing each other. He's right there with me. Most of the time he gets me -- and some of the time I beat him on his off days. It's a constant battle."

Laux said despite his injury, he wants to stay in the Army, and stay in the fight. And he hopes he can do that as infantryman - out in the field with his fellow Soldiers.

"I really want to make this a career – 20 years," he said. "I want to be out in the fight. I'm an 11B and the 11B is still in me."

SPORTS & RECREATION BRIEFS

Single Soldier Recreation Day changed

Join us for Single Soldier Recreation Day at Holbrook Pond Recreation Area off Hwy 144, now from 9 a.m. to 3 p.m., May 21.

It's a full day of fun and music for Single Soldiers. Learn some new sporting skills such as skeet/trap shooting or paintball and enjoy other outdoor activities. Paddleboat, kayak and canoe races, volleyball and basketball tournaments are planned.

Lunch will be provided for dining facility meal card holders. Other food vendors on site. There is a \$10 fee for paintball and \$10 fee for skeet/trap shooting. For details, call 912-767-4316.

Enjoy Moonlite Bowling

Come out and enjoy late-night bowling at Stewart Lanes Bowling Center, building 450, when we are open until 2 a.m. The cost is just \$2.50 per game per person. Or, pay a flat fee of \$25 per person for unlimited bowling from 11 p.m. to 2 a.m. The shoe rental fee is \$1.75.

Call 912-767-4273 for more information.

Take the English Channel Challenge

Do you have what it takes to swim the English Channel? Find out by participating in the English Channel Challenge at Newman Fitness Center, building 439, from May 1 through Oct. 31.

This is an honor-based aquatics fitness incentive program. Participants register to participate in a challenge to swim the width of the English Channel, 240 kilometers (150 miles) wide.

Those who complete the challenge in the allotted time frame will receive a prize. For more information, call 912-767-3669.

Catch Savannah Derby Devils, May 22

Paint your face Savannah Devil red and come out to support the Savannah Derby Devils as they take on the Upstate Roller Girl Evolution of Greenville, S.C., at SuperGoose Sports, 3700 Wallin St. in Savannah, May 22.

Doors open at 6 p.m.; derby beings at 7 p.m.

Tickets are \$12 at the door (cash only), or \$10 online at [www.savannahderby.com](http://www.savannahderby.com).

Sign up for Roller Girl Boot Camp

Register now for the Savannah Derby Devils Roller Girl Boot Camp 2010. The camp will take place nightly, June 6-11 at the Garden City Gym at 160 Wheat Hill Road. No skills required; gear and skates are provided.

The camp is open to women and men ages 18 and older.

The week offers nightly instruction in the basics of roller skating and a taste of the aggressive sport of women's roller derby.

Registration includes rental skates and protective gear, a Savannah Derby Devils T-shirt, freebies from vendors during orientation and an end-of-camp party at B&B Billiards, 411 W. Congress St., Savannah.

Space is limited, so register early. Registration fee is \$20 by May 31, \$25 afterward. To register, go to [www.savannahderby.com](http://www.savannahderby.com). For those interested in joining the Savannah Derby Devils, the week prepares skaters for tryouts on June 29 and offers guys and gals the basics needed to join the referee squad, or just come to meet new friends and have a great time!